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## Off-Road Cycling Rules and Trail Etiquette

The International Mountain Biking Association, whose mission is to promote mountain bicycling that is environmentally sound and socially responsible, has established a code of conduct for mountain bikers (another name for off-road cyclists). These rules are recognized around the world as the standard code of conduct for mountain bikers. Cyclists in Minneapolis are expected to follow them as well:



### 1. Ride on open trails only.

Do not ride on trails that are posted as closed; ask if you are uncertain. Trails are closed during wet weather, when the trail tread is wet, or if a section of trail is undergoing repair and maintenance. Trail status is posted on the **MOCA** website ([link](#)) and on the kiosk located on the northwest quadrant at the intersection of Highway 55 and Theodore Wirth Parkway.

### 2. Leave no trace.

Recognize different types of soils and be sensitive to them. When the trail bed is soft, consider other options. Stay on existing trails and do not create new ones. Don't cut switchbacks.



### 3. Control your bicycle.

Obey all bicycle speed regulations and recommendations.

### 4. Always yield trail.

Slow down, establish communication with other trail users, and prepare to stop if necessary to pass safely. Let fellow trail users know you are coming with a friendly greeting or bell. Anticipate other trail users around corners and in blind spots.

### 5. Never scare animals.

Give animals extra room and time to adjust to your presence. All animals are startled by an unannounced approach, a sudden movement or a loud noise.

### 6. Plan ahead.

Know your equipment, your ability, and the area in which you are riding. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.

